

#### ABSTRACT OF THE DISCLOSURE

The present invention is directed to an aromatase activating agent containing a plant selected from among mulberry bark, ginseng, cucumber, and phellodendron bark; or chlorella; or an extract of any of these ingredients. The aromatase activating agent of the present invention is highly safe to the human body, and useful as a drug or cosmetic composition for prevention, amelioration, or treatment of various lesions caused by estrogen deficiency.